



April 23, 2011
LSU Field House
Baton Rouge, Louisiana

*Presented by Louisiana Governor's Council on
Physical Fitness and Sports*

LaCHIP.
Louisiana Children's Health Insurance Program
Toll Free # 1-877-2LaCHIP (252-2447)
www.laCHIP.org



LOUISIANA SCHOOLS ELEMENTARY FITNESS MEET

I. ELIGIBILITY AND AGE REQUIREMENTS

- A. The Program shall be open to all students in the elementary school grades in the School System.
 - 1. Age Requirements
 - a. Only students who are 11 years old or younger shall be eligible for the competition.
 - b. A student, if 11 years old must have reached 11 **on or after September 1** of the current school year.
- B. Two boys and two girls from each parish will advance to the Championships in May.

II. FITNESS MEET EVENTS

- A. The following events will be contested by the participants in the meet:
 - 50-Yard Dash
 - Pull-Ups
 - Shuttle Run
 - Standing Long Jump
 - Curl-Ups
 - 600-Yard Run
 - Sit and Reach
- B. Rules, regulations, and general information about each event are attached.

III. SCORING AND AWARDS

- A. Individual Scoring
 - 1. Each student can score a maximum of 125 points in each event depending on his/her performance.
 - 2. A scoring table of performance (norms) and points will be included in the "rules, regulations" brochure.
 - 3. Each participant will be timed or measured in all seven (7) events.

B. Team Scoring

1. A combination of the 4 individual scores from each parish will comprise the team score.
2. If a contestant cannot complete all 7 events, an alternate may take up where he/she left off, but the scores of the original contestant and those of the alternate **MAY NOT BE COMBINED FOR ANY AWARDS**. Once a contestant withdraws, he/she may not re-enter competition for any event.

C. Awards

1. Individual and team awards will be presented to the top contestants and schools at the conclusion of the competition.

IV. TEAM UNIFORMS

- A. Each student must be attired in shorts or warm-up pants, T-shirt and shoes.
- B. The student may compete in tennis shoes.
 1. **Spikes cannot be used.**
- C. Cut-offs, dungarees, or halter tops are not allowed. Boys must wear shirts.
- D. Would recommend team uniforms.

V. PARENTS' AND DOCTORS' PERMISSION

- A. Each student must have a permission slip in writing from his/her parents in order to compete.
- B. Each competitor must obtain a note from the doctor stating his/her fitness to compete.

VI. RESPONSIBILITY OF ELIGIBLE STUDENTS

- A. The physical education instructors and the principals of the respective schools are responsible for the eligibility of the participants.
 1. Copy of birth certificate will be required.

VII. DEADLINE FOR ENTRY

- A. Parish coaches or parish supervisor must present their four entries (2 boys and 2 girls) plus 1 boy and 1 girl alternate to the Competition Director no later than 4:00 P.M. on Thursday, April 14, 2011. Bring or send to:

**Rudy Macklin
Governor's Council on Physical Fitness and Sports
628 North 4th Street
P.O. Box 629
Baton Rouge, LA 70821**

- B. **No entry form or incomplete entry forms will not be accepted after the 4:00 P.M. deadline. Allow two (2) or three (3) days for delivery.**
- C. Entry fee of \$30.00 per parish is required and must accompany parish entry forms. Each participant (6) and coach from each parish will have a T-shirt.

Make checks payable to: Department of Health and Hospitals
(DHH)/Governor's Council on Physical Fitness and Sports.

VIII. APPEALS PROCEDURES

1. An alleged violation or grievance by a coach or participant shall be in written form and presented by the coach to the appeals committee before the completion of the meet. All allegations will be thoroughly investigated and acted upon immediately. The appeals committee will consist of the meet director and the two meet coordinators. The action taken by the appeals committee will be **FINAL**.

IX. RECOMMENDATIONS TO PARISH SUPERINTENDENTS

1. Encourage physical education instructors to participate in the fitness meet.
2. Encourage instructors to involve these 7 fitness events in their regular physical education program.

X. RECOMMENDATIONS TO PHYSICAL EDUCATION INSTRUCTORS

1. Encourage all students to participate. This program is not set up for just athletes at your school.
2. For best results, have fitness program at your own school. Select 2 boys and 2 girl from your program to participate in the Parish Meet.
3. Begin to train students for these events in the Fall of the School Year. Do not wait until April to begin training - it's too late.

XI. RULES FOR PERSONS ACCOMPANYING PARTICIPANTS

- A. No parish coach, or parish official or parent will be permitted to be on the track field during fitness events except those who are officiating or if a student becomes ill or is injured.
- B. Persons accompanying participants will be expected to sit in the stands - this includes non-participating alternates.

PARTICIPANT ENTRY FORM

Parish _____

Boys

Name

Date of Birth

Month/Day/Year

1. _____

2. _____

Alternate: _____

Girls

Name

Date of Birth

Month/Day/Year

1. _____

2. _____

Alternate: _____

The following documents must be attached to Entry Form and forwarded to the Governor's Council on Physical Fitness and Sports office:

***Copy of Birth Certificate**

***Physician, Statement**

Coach _____

Address _____

Telephone#(O) _____ (H) _____

****A copy of the physician's statement for each participant must be attached to this entry form.
(Will not accept Nurse's Signature.)**

**!!! DEADLINE!!! THURSDAY, APRIL 14, 2011. NO ENTRIES WILL BE ACCEPTED
AFTER 4:00 P.M. ON THIS DATE.**

LHSAA MEDICAL HISTORY EVALUATION

IMPORTANT: This form must be completed annually, kept on file with the school, and is subject to inspection by the LHSAA Rules Compliance Team.

PART I: INFORMATION (To be filled out by parent or guardian only)

Name: _____ Grade: _____ School: _____
Sex: M / F Age: _____ Date of Birth: _____ Home Telephone #: _____ Sports: _____
Address: _____ City: _____ Zip: _____
Parent's Name: _____ Parent's Employer: _____ Work Telephone #: _____
Insurance Company: _____ Policy #: _____ Family Doctor: _____

PART II: MEDICAL HISTORY (To be filled out by parent or guardian)

Has or Does this athlete

Circle & please explain all "yes" answers below

1. Have a medical problem or injury since his/her last evaluation? YES NO
Ever not been allowed to participate in sports for a medical reason? YES NO
2. Ever been hospitalized? YES NO
Ever had surgery? YES NO
Have any missing organs? (eye, kidney, testicle, etc.) YES NO
3. Presently take any medication? YES NO
4. Have any allergies to medicine or insect bites? YES NO
5. Passed out during or after exercise? YES NO
Been dizzy or passed out during or after exercise? YES NO
Have chest pain during or after exercise? YES NO
Tire more quickly than his/her friends during exercise? YES NO
Have high blood pressure? YES NO
Been told he/she has a heart murmur? YES NO
Have racing of the heart or skipped heartbeats? YES NO
Have a family member that died of heart problems or sudden death before age 50? YES NO
6. Have any skin problems? YES NO
7. Ever had a head or neck injury? YES NO
Ever been knocked out or unconscious? YES NO
Ever had a seizure? YES NO
Ever had a stinger, burner or pinched nerve? YES NO
8. Ever had heat cramps? YES NO
Ever been dizzy or passed out in the heat? YES NO
9. Have trouble with breathing or coughing during or after activity? YES NO
10. Use any special equipment? (pads, braces, neck rolls, eye guards, kidney belt, etc.) YES NO
11. Have any problems with vision? YES NO
Wear glasses or contacts? YES NO
12. Ever sprained/strained, dislocated, fractured or had repeated swelling of any bones or joints? YES NO
13. Have any medical problems listed below? (Please check off)
_____ High Blood Pressure _____ Rheumatic Fever _____ Diabetes _____ Hepatitis
_____ Mononucleosis _____ Abnormal Bleeding _____ Tuberculosis _____ Asthma
_____ Sickle Cell Disease/Trait _____ Other(list) _____
14. List dates for last: Tetanus Shot: _____ Measles Immunization: _____
15. Female athletes, list dates for: First menstrual period: _____ Last menstrual period: _____

Longest time between periods last year: _____

Please explain all "yes" answers from above: _____

FITNESS EVENT #1

50- YARD DASH (Boys and Girls)

EQUIPMENT: Stopwatch; 50-yard straight-away.

DESCRIPTION: Four to eight competitors will race at one time. They will take their position behind the starting line (no spiked shoes or starting blocks will be used). The official starter will use the commands "On Your Marks", "Get Set", and "Go." As he says "Go" he will fire a starting pistol. The timers will start their stopwatches at the visible sign of the gun's smoke. The competitors will sprint the 50 yards, in their own lane, to the designated finish line where the times will be standing.

RULES: The score is amount of time between the sound and smoke of the gun and the instant the competitor crosses the finish line. Importance is not in coming in first, second or third, but how fast the competitor sprints the 50 yards. Competitors cannot run out of their assigned lane.

SCORING: The official timers will record in seconds to the nearest tenth of a second.

EXAMPLE: (Boys)

	7.44 Rounds to 7.4 = 64 points
Round Down*	7.45 Rounds to 7.4 = 64 points
	7.46 Rounds to 7.5 = 64 points

FITNESS EVENT #2

SHUTTLE RUN (Boys and Girls)

EQUIPMENT: 2 BLOCKS OF WOOD (2x2x4 inches); stopwatch.

DESCRIPTION: Two parallel lines will be marked on the ground 30 feet apart. The blocks of wood will be placed behind one of the lines. The competitor starts from behind the other line. On the signal "Ready - Go!" the competitor runs to the blocks, picks up one, runs back to the starting line, and places the block behind the line; he then runs back and picks up the second block, which he carries back across the starting line. The stopwatch is started on the word "Go" and stopped as competitor crosses the last line.

RULES: Each contestant will have two trails in the shuttle run.

SCORING: The official timer will record the time to the nearest 1/100th of a second. Best score of the two trails will be recorded.

EXAMPLE: (Boys)

	9.74 Rounds to 9.7 = 67 points
Round Down*	9.75 Rounds to 9.7 = 67 points
	9.76 Rounds to 9.8 = 64 points

PULL-UPS (Boys and Girls)

- EQUIPMENT:** A metal or wooden bar approximately 1 1/2 inches in diameter is preferred. A doorway gym bar can be used and, if no regular equipment is available, a piece of pipe or even the rungs of a ladder can also serve the purpose.
- DESCRIPTION:** The bar should be high enough so that the pupil can hang with his arms and legs fully extended and his feet free of the floor. He must use the overhand grasp. After assuming the hanging position, the pupil raises his body by his arms until his chin can be placed over the bar and then lowers his body to a full hand as in the starting position. The exercise is repeated as many times as possible.
- RULES:**
1. Allow one trial unless it is obvious that the pupil has not had a fair chance.
 2. The body must not swing during the execution of the movement. The pull must in no way be a snap movement. If the pupil starts swinging, check this by holding your extended arm across the front of the thighs.
 3. The knees must not be raised and kicking of the legs is not permitted.
- SCORING:** Record the number of completed pull-ups to the nearest whole number.

STANDING LONG JUMP (Boys and Girls)

EQUIPMENT: Mat and measuring tape.

DESCRIPTION: Competitor stands with the feet several inches apart and the toes just behind the take-off line. Preparatory to jumping, the competitor swings the arms backward and bends the knees. The jump is accomplished by simultaneously extending the knees and swinging forward the arms.

RULES: Three trials will be allowed. Measurements will be from the take-off line to the heel or other part of the body that touches the floor nearest the take-off line.

SCORING: The official scorer will record the best of the three trials in feet and inches to the nearest 1/4 inch.

*KEEP OFFICIAL SCORE FOR RECORD PURPOSES: ROUND
RAW SCORE FOR POINTS ONLY.*

EXAMPLE: (Boys)

6' 1 1/4" Rounds to 6'1" = 46 points
6' 1 1/2" Rounds to 6'2" = 48 points
6' 1 3/4" Rounds to 6'2" = 48 points

FITNESS EVENT #5

CURLS UPS (Boys and Girls)

OBJECTIVE: Number of curl-ups performed in one minute.

EQUIPMENT: Stopwatch; a mat or other clean surface, if preferred.

STARTING POSITION: Student lies on back with knees flexed at 90 degrees; partner holds feet. Heels should not be more than 12 inches from the buttocks and the back flat on the floor. Arms are crossed with hands placed on opposite shoulders, arms close to chest. The arms are held in contact with the chest at all times.

ACTION: Student raises the trunk curling up to touch elbows to thighs and then lower the back to the floor so that the scapulas (upper back) touch the floor. This constitutes one curl-up.

THE TEST: The timer calls out the signal "Go" and begins timing one minute. Student stops on the word "Stop." The number of correctly executed curl-ups completed in 60 seconds is the student's cores.

RULES:

1. "Bouncing" off the floor/mat is not allowed.
2. The curl-ups will be counted only if the student (a) keeps fingers touching shoulders; (b) touches elbows to thighs; and (c) returns to position with scapula touching floor before curling up again.

FITNESS EVENT #6

SIT AND REACH (Boys and Girls)

OBJECTIVE: Farthest distance reached.

EQUIPMENT: Flexibility Tester - Durable steel construction with foot rest plate.
Accurately measures in inch and centimeters. (Sit and Reach box)

STARTING POSITION: Student removes shoes and sits on floor. Student's heels and sole of feet should be placed against the back of the box. Student's knees will be held down.

ACTION: A measuring line is on top of the box with 23 centimeters marked at the level of the feet. Student places hands evenly along measuring line, one hand on top of the other, and reaches as far as possible. One practice attempt will be allowed and the second attempt will be recorded. (DO NOT GIVE THE BEST SCORE OF THE TWO ATTEMPTS).

RULES:

1. Legs must remain straight, soles of feet perpendicular to floor.
2. Students should not "bounce."
3. Mark scores at point where fingertips touch the box.

EXAMPLE: (Boys)

Roundup*
30.4 cms Rounds to 30 cms = 85 points
30.5 cms Rounds to 31 cms = 88 points
30.6 cms Rounds to 31 cms = 88 points

FITNESS EVENT # 7

600-YARD RUN (Boys and Girls)

EQUIPMENT: 1/4 mile track and stopwatch.

DESCRIPTION: Competitors will use a standing start. The official starter will give the command "On your Marks" and then fire the gun. At the sound of the gun, the competitors (6 or 8 at one time) will commence running the nearly 1 1/2-lap distance. The running may be interspersed with walking. The official timers will be at the finish line to time and record each competitor's performance.

RULES: Walking is permitted, but the object is to cover the distance in the shortest possible time. Track spikes are not allowed. Competitors may run with tennis shoes. Competitors may pass other runners and cut inside if they have a 2 stride advantage.

SCORING: The official timers will time and record in minutes and seconds to the nearest tenth of a second.

EXAMPLE: (Boys)

2:09.49 Rounds to 2:09 = 79 points

Round down*2:09.50 Rounds to 2:09 = 79 points

2:09.51 Rounds to 2:10 = 78 points

**LOUISIANA ELEMENTARY FITNESS MEET
GIRL'S SCORE SHEET**

POINTS	50 YD DASH	SHUTTLE RUN	PULL UPS	STANDING LONG JUMP	CURL UPS	600 YD RUN	SIT & REACH	POINTS
25				5'4"		3:09		25
24	8.7	11.2				3:10		24
23						3:11	13	23
22				5'3"	20	3:12		22
21						3:13		21
20			1			3:14	12	20
19	8.8	11.3		5'2"		3:15		19
18						3:16		18
17					19	3:17	11	17
16				5'1"		3:18		16
15						3:19		15
14	8.9	11.4				3:20	10	14
13				5'0"		3:21		13
12					18	3:22		12
11						3:23	9	11
10				4'11"		3:24		10
9	9.0	11.5				3:25		9
8						3:26	8	8
7				4'10"	17	3:27		7
6						3:28		6
5						3:29	7	5
4	9.1	11.6		4'9"		3:30		4
3						3:31		3
2					16	3:32	6	2
1				4'8"		3:33		1

**LOUISIANA ELEMENTARY FITNESS MEET
GIRL'S SCORE SHEET**

POINTS	50 YD DASH	SHUTTLE RUN	PULL UPS	STANDING LONG JUMP	CURL UPS	600 YD RUN	SIT & REACH	POINTS
50	8.1	10.6	3		31	2:44	22	50
49				6'0"		2:45		49
48					30	2:46		48
47	8.2	10.7				2:47	21	47
46				5'11"	29	2:48		46
45						2:49		45
44					28	2:50	20	44
43	8.3	10.8		5'10"		2:51		43
42					27	2:52		42
41						2:53	19	41
40				5'9"	26	2:54		40
39	8.4	10.9				2:55		39
38					25	2:56	18	38
37				5'8"		2:57		37
36					24	2:58		36
35			2			2:59	17	35
34	8.5	11.0		5'7"	23	3:00		34
33						3:01		33
32					22	3:02	16	32
31				5'6"		3:03		31
30						3:04		30
29	8.6	11.1				3:05	15	29
28				5'5"		3:06		28
27					21	3:07		27
26						3:08	14	26

**LOUISIANA ELEMENTARY FITNESS MEET
GIRL'S SCORE SHEET**

POINTS	50 YD DASH	SHUTTLE RUN	PULL UPS	STANDING LONG JUMP	CURL UPS	600 YD RUN	SIT & REACH	POINTS
75			5			2:19		75
74					43	2:20		74
73	7.4	9.9		6'8"		2:21	30	73
72					42	2:22		72
71						2:23		71
70	7.5	10.0		6'7"	41	2:24	29	70
69						2:25		69
68					40	2:26		68
67	7.6	10.1		6'6"		2:27	28	67
66					39	2:28		66
65			4			2:29		65
64	7.7	10.2		6'5"	38	2:30	27	64
63						2:31		63
62					37	2:32		62
61	7.8	10.3		6'4"		2:33	26	61
60					36	2:34		60
59						2:35		59
58	7.9	10.4		6'3"	35	2:36	25	58
57						2:37		57
56					34	2:38		56
55				6'2"		2:39	24	55
54	8.0	10.5			33	2:40		54
53						2:41		53
52				6'1"	32	2:42	23	52
51						2:43		51

**LOUISIANA ELEMENTARY FITNESS MEET
GIRL'S SCORE SHEET**

POINTS	50 YD DASH	SHUTTLE RUN	PULL UPS	STANDING LONG JUMP	CURL UPS	600 YD RUN	SIT & REACH	POINTS
100	6.5	9.0	9	7'5"	56	1:54	41	100
99						1:55	40	99
98					55	1:56	39	98
97	6.6	9.1		7'4"		1:57	38	97
96					54	1:58		96
95			8			1:59		95
94	6.7	9.2		7'3"	53	2:00	37	94
93						2:01		93
92					52	2:02		92
91	6.8	9.3		7'2"		2:03	36	91
90			7		51	2:04		90
89						2:05		89
88	6.9	9.4		7'1"	50	2:06	35	88
87						2:07		87
86					49	2:08		86
85	7.0	9.5	6	7'0"		2:09	34	85
84					48	2:10		84
83						2:11		83
82	7.1	9.6		6'11"	47	2:12	33	82
81						2:13		81
80					46	2:14		80
79	7.2	9.7		6'10"		2:15	32	79
78					45	2:16		78
77						2:17		77
76	7.3	9.8		6'9"	44	2:18	31	76

**LOUISIANA ELEMENTARY FITNESS MEET
GIRL'S SCORE SHEET**

POINTS	50 YD DASH	SHUTTLE RUN	PULL UPS	STANDING LONG JUMP	CURL UPS	600 YD RUN	SIT & REACH	POINTS
125	5.7	8.5	18	8'2"	81	1:29	66	125
124			17		80	1:30	65	124
123				8'1"	79	1:31	64	123
122					78	1:32	63	122
121	5.8		16	8'0"	77	1:33	62	121
120		8.6			76	1:34	61	120
119					75	1:35	60	119
118	5.9		15	7'11"	74	1:36	59	118
117					73	1:37	58	117
116					72	1:38	57	116
115	6.0	8.7	14	7'10"	71	1:39	56	115
114					70	1:40	55	114
113					69	1:41	54	113
112	6.1		13	7'9"	68	1:42	53	112
111					67	1:43	52	111
110		8.8			66	1:44	51	110
109	6.2		12	7'8"	65	1:45	50	109
108					64	1:46	49	108
107					63	1:47	48	107
106	6.3		11	7'7"	62	1:48	47	106
105		8.9			61	1:49	46	105
104					60	1:50	45	104
103	6.4		10	7'6"	59	1:51	44	103
102					58	1:52	43	102
101					57	1:53	42	101

**LOUISIANA ELEMENTARY FITNESS MEET
BOY'S SCORE SHEET**

POINTS	50 YD DASH	SHUTTLE RUN	PULL UPS	STANDING LONG JUMP	CURL UPS	600 YD RUN	SIT & REACH	POINTS
25				5'3"	12	3:03		25
24	8.4	10.8			11	3:04		24
23					10	3:05	9	23
22				5'2"	9	3:06		22
21					8	3:07		21
20					7	3:08	8	20
19	8.5	10.9		5'1"	6	3:09		19
18					5	3:10		18
17			1		4	3:11	7	17
16				5'0"	3	3:12		16
15					2	3:13		15
14	8.6	11.0			1	3:14	6	14
13				4'11"		3:15		13
12						3:16		12
11						3:17	5	11
10						3:18		10
9	8.7	11.1				3:19		9
8						3:20	4	8
7						3:21		7
6						3:22		6
5						3:23	3	5
4	8.8	11.2				3:24		4
3						3:25		3
2						3:26	2	2
1						3:27		1

LOUISIANA ELEMENTARY FITNESS MEET
BOY'S SCORE SHEET

POINTS	50 YD DASH	SHUTTLE RUN	PULL UPS	STANDING LONG JUMP	CURL UPS	600 YD RUN	SIT & REACH	POINTS
50	7.8	10.2		6'3"	37	2:38	18	50
49					36	2:39		49
48				6'2"	35	2:40		48
47	7.9	10.3			34	2:41	17	47
46				6'1"	33	2:42		46
45					32	2:43		45
44			4	6'0"	31	2:44	16	44
43	8.0	10.4			30	2:45		43
42				5'11"	29	2:46		42
41					28	2:47	15	41
40				5'10"	27	2:48		40
39	8.1	10.5			26	2:49		39
38				5'9"	25	2:50	14	38
37					24	2:51		37
36				5'8"	23	2:52		36
35			3		22	2:53	13	35
34	8.2	10.6		5'7"	21	2:54		34
33					20	2:55		33
32				5'6"	19	2:56	12	32
31					18	2:57		31
30				5'5"	17	2:58		30
29	8.3	10.7			16	2:59	11	29
28				5'4"	15	3:00		28
27					14	3:01		27
26			2		13	3:02	10	26

**LOUISIANA ELEMENTARY FITNESS MEET
BOY'S SCORE SHEET**

POINTS	50 YD DASH	SHUTTLE RUN	PULL UPS	STANDING LONG JUMP	CURL UPS	600 YD RUN	SIT & REACH	POINTS
75			9			2:13		75
74				7'3"	48	2:14		74
73	7.1	9.5				2:15	26	73
72				7'2"		2:16		72
71			8		47	2:17		71
70	7.2	9.6		7'1"		2:18	25	70
69						2:19		69
68				7'0"	46	2:20		68
67	7.3	9.7	7			2:21	24	67
66				6'11"	45	2:22		66
65						2:23		65
64	7.4	9.8		6'10"	44	2:24	23	64
63						2:25		63
62				6'9"	43	2:26		62
61	7.5	9.9				2:27	22	61
60			6	6'8"	42	2:28		60
59						2:29		59
58	7.6	10.0		6'7"	41	2:30	21	58
57						2:31		57
56				6'6"	40	2:32		56
55						2:33	20	55
54	7.7	10.1		6'5"	39	2:34		54
53						2:35		53
52			5	6'4"	38	2:36	19	52
51						2:37		51

**LOUISIANA ELEMENTARY FITNESS MEET
BOY'S SCORE SHEET**

POINTS	50 YD DASH	SHUTTLE RUN	PULL UPS	STANDING LONG JUMP	CURL UPS	600 YD RUN	SIT & REACH	POINTS
100	6.2	8.6	16	8'0"	57	1:48	37	100
99						1:49	36	99
98					56	1:50	35	98
97	6.3	8.7	15	7'11"		1:51	34	97
96						1:52		96
95					55	1:53		95
94	6.4	8.8	14	7'10"		1:54	33	94
93						1:55		93
92					54	1:56		92
91	6.5	8.9	13	7'9"		1:57	32	91
90						1:58		90
89					53	1:59		89
88	6.6	9.0		7'8"		2:00	31	88
87			12			2:01		87
86					52	2:02		86
85	6.7	9.1		7'7"		2:03	30	85
84						2:04		84
83			11		51	2:05		83
82	6.8	9.2		7'6"		2:06	29	82
81						2:07		81
80					50	2:08		80
79	6.9	9.3	10	7'5"		2:09	28	79
78						2:10		78
77					49	2:11		77
76	7.0	9.4		7'4"		2:12	27	76

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POINTS	50 YD DASH	SHUTTLE RUN	PULL UPS	STANDING LONG JUMP	CURL UPS	600 YD RUN	SIT & REACH	POINTS
125	5.7	8.1	23	8'10"	82	1:23	62	125
124					81	1:24	61	124
123				8'9"	80	1:25	60	123
122			22		79	1:26	59	122
121				8'8"	78	1:27	58	121
120	5.8	8.2			77	1:28	57	120
119				8'7"	76	1:29	56	119
118			21		75	1:30	55	118
117				8'6"	74	1:31	54	117
116					73	1:32	53	116
115	5.9	8.3		8'5"	72	1:33	52	115
114			20		71	1:34	51	114
113					70	1:35	50	113
112				8'4"	69	1:36	49	112
111					68	1:37	48	111
110	6.0	8.4	19		67	1:38	47	110
109				8'3"	66	1:39	46	109
108					65	1:40	45	108
107					64	1:41	44	107
106			18	8'2"	63	1:42	43	106
105	6.1	8.5			62	1:43	42	105
104					61	1:44	41	104
103			17	8'1"	60	1:45	40	103
102					59	1:46	39	102
101					58	1:47	38	101